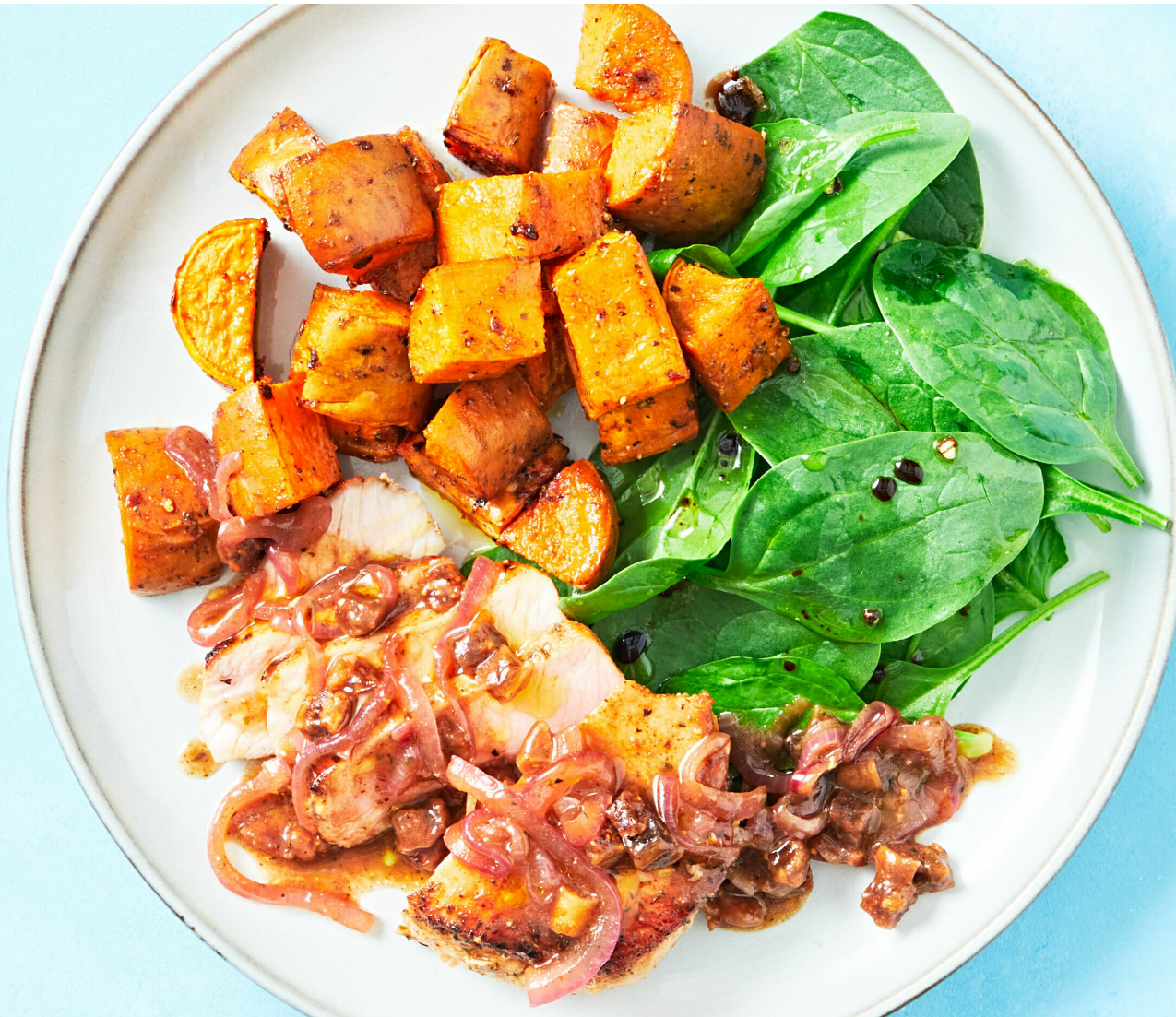


# DINNERLY



## Pan-Fried Pork Steaks and Raisin Sauce with Roasted Sweet Potato



35 minutes



2 Servings

Take succulent pork steaks to next-level fabulous with our quick onion and fig sauce. Served with golden nuggets of roasted sweet potato and fresh baby spinach, it's dinner worth dining in for.

## WHAT WE SEND

- 2 sweet potatoes
- 5g mint and rosemary seasoning <sup>6,17</sup>
- 1 red onion
- 2 pork loin steaks
- 50g baby spinach leaves
- 40g raisins

\* The remainder of this ingredient won't be used in this recipe.

## WHAT YOU NEED

- 2 tbs olive oil
- 2 garlic cloves
- 1½ tbs balsamic vinegar <sup>17</sup>
- 2 tsp sugar

## TOOLS

- oven tray
- baking paper
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

## COOKING TIP

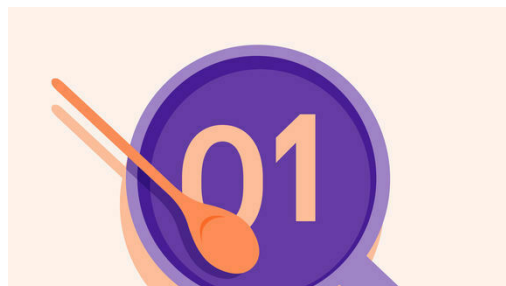
This recipe was originally written with dried figs but due to supply issues we have substituted in raisins. Don't worry the recipe will be just as delicious.

## ALLERGENS

Soy (6), Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

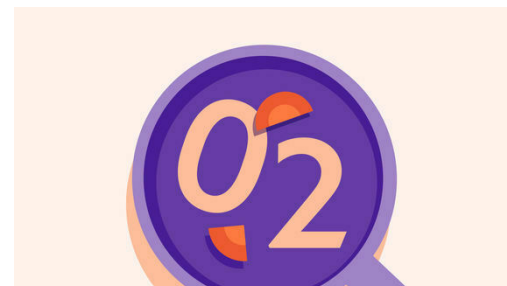
Energy 630kcal, Fat 28.1g, Carbs 50.8g, Proteins 40.3g



### 1. Roast potatoes

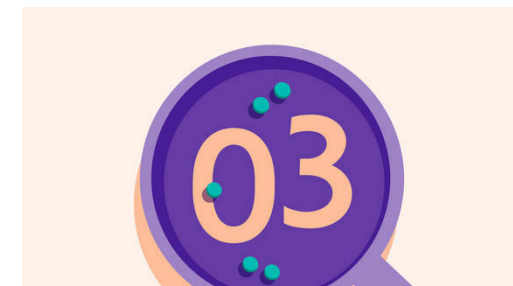
Preheat the oven to 220C. Line an oven tray with baking paper. Cut the **sweet potatoes** into 3cm chunks and put on the lined tray. Drizzle with **2 tsp olive oil**, scatter over **½ tsp mint and rosemary seasoning**, season with **salt and pepper** and toss to coat. Roast for 25-30 mins until golden and tender. RECIPE BEING RETESTED WITH RAISINS PLS CONFIRM AMT AND FLAVOUR. MP

ALL OK AZ.



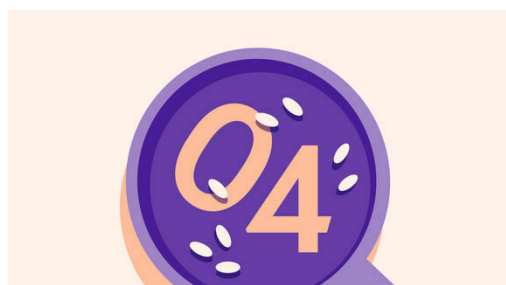
### 2. Prep ingredients

Meanwhile, crush or finely chop **2 garlic cloves**. Thinly slice **half the onion\***. Put the **garlic, remaining mint and rosemary seasoning** and **2 tsp olive oil** in a bowl, season with **salt and pepper** and stir to combine. Add the **pork** and turn to coat.



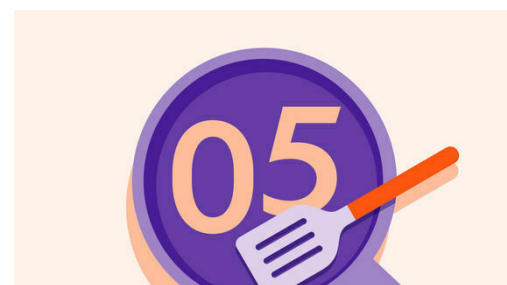
### 3. Pan-fry pork

Heat a medium frypan over medium-high heat. Cook the **pork** for 3-4 mins each side until browned and cooked through (see Kitchen 101). Remove from the pan and rest for 4 mins.



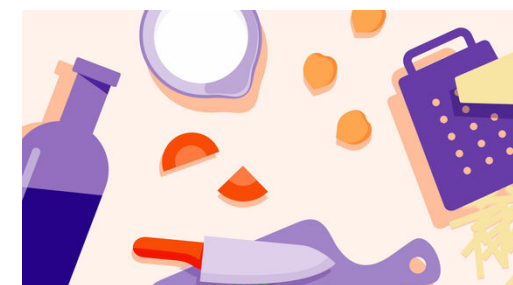
### 4. Make sauce

Heat **2 tsp olive oil** in the same pan over medium heat. Cook the **onion**, stirring occasionally, for 3 mins or until softened. Add **60g/120g raisins**, **1 tbs balsamic vinegar**, **2 tsp sugar** and **60ml (¼ cup) water** and stir to combine. Bring to the boil, then reduce the heat to medium and cook, stirring, for 1 min or until slightly thickened. IS 40G/80G raisins enough? MP



### 5. Serve up

Remove the pan from the heat. Taste, then season with **salt and pepper**. Put the **spinach leaves**, **2 tsp olive oil** and **2 tsp balsamic vinegar** in a bowl and toss to coat. Divide the **pork**, **sweet potato** and **dressed spinach** among plates. Spoon over the **sauce** and enjoy! PLS TAG EDS AND RACH ONCE RECIPE TESTED. MP



### 6. Kitchen 101

Pork is at its tender and juicy best when it's cooked to medium, so don't be afraid of a little colour. Gone are the days when we cooked pork all the way through until white (and bone dry); nowadays, it's completely safe – and tastier – to eat pork with a hint of blush pink in the middle.

Questions about the recipe? Customer Service: **02 9056 7570** Email: [hi@dinnerly.com.au](mailto:hi@dinnerly.com.au)

View the recipe online by visiting your account at [dinnerly.com.au](https://dinnerly.com.au)     #dinnerly

 **Packed in Australia from at least 90% Australian ingredients**